

# JOURNALING:

## *Overcoming a Breakup*

Journaling allows us a safe space to prioritize problems, fears, and concerns. It allows us to process emotions and situations that may be weighing on us. You can organize your thoughts, set and achieve goals, self-reflect, relieve stress, and inspire creativity. Journaling is a form of therapy as you are holding a conversation with the person who knows you best: you.

- 1.** What do you miss about your ex and your life with them?
- 2.** What don't you miss about your ex and your life with them?
- 3.** Write about the breakup. How did it end? Were you able to prepare for this ending, or did it happen suddenly?
- 4.** How do you feel about the end of his relationship? Are you grieving this loss? Be honest with yourself and any emotions that come up. Allow yourself to accept and feel these emotions.
- 5.** How did being with your ex limit your life?
- 6.** What is better about your life without them?
- 7.** Without engaging in self-blame, and with self-compassion, acknowledge the ways that you contributed to the problems in your relationship.
- 8.** Whatever mistakes or faults you feel you may have made, it is important to forgive yourself. You did the best you could, given who you were and what you knew at the time. Write a letter to yourself, forgiving you for any mistakes or hurtful actions you did in the past.
- 9.** Do you still have questions about why a relationship ended? If you could have a face-to-face conversation with that person, what would you say? What questions would you ask? Is it possible to contact that person and have that conversation? What would it take for you to reach out?
- 10.** Even when a relationship ends, memories are forever. Looking back, what memories are you grateful for?
- 11.** What did you learn from this relationship? About yourself? About relationships in general?
- 12.** What insights and benefits have you gained from having that particular relationship and going through that particular ending?

**13.** How did you grow in the relationship? How can you grow moving forward past the relationship?

**14.** In what ways are you a stronger, more evolved, and compassionate human being due to going through a relationship ending? How do you express this growth in your current relationships?

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